

لِإِمَامِ الْمُغَنِّينَ عَلَى أَيْلَةِ الصُّنْحِ. مَرْمُورٌ لِدَاوُدَ.
 1 إلهي، إلهي، لِمَاذَا تَرَكْتَنِي بَعِيداً عَنْ خَلَاصِي، عَنْ كَلَامِ
 رَفِيرِي؟ إلهي، فِي النَّهَارِ أَدْعُو فَلَا تَسْتَجِبْ، فِي اللَّيْلِ
 أَدْعُو فَلَا هُدُوءَ لِي. 3 وَأَنْتَ الْقُدُّوسُ الْجَالِسُ بَيْنَ تَشْبِيحَاتِ
 إِسْرَائِيلَ. 4 عَلَيْكَ اتَّكَلْنَا أَبَوتُنَا، اتَّكَلُوا فَتَجَنَّبْنَاهُمْ. 5 إِلَيْكَ
 صَرَحْنَا فَتَجَوَّا، عَلَيْكَ اتَّكَلُوا فَلَمْ يَخْزُوا. 6 أَمَّا أَنَا فَدُودَةٌ لَا
 إِنْسَانٌ، عَارٌّ عِنْدَ الْبَشَرِ وَمُحْتَقَرُ الشَّعْبِ. 7 كُلُّ الَّذِينَ
 يَرَوْنِي يَسْتَهْزِئُونَ بِي، يَفْتَعِرُونَ الشَّفَاةَ وَيُبْغِضُونَ
 الرَّأْسَ قَائِلِينَ: 8 اتَّكَلْ عَلَى الرَّبِّ فَلْيُنَجِّهِ، لِيُنْقِذَهُ لَأَنَّهُ سَرَّ
 بِهِ. 9 لِأَنَّكَ أَنْتَ جَدَّيْتَنِي مِنَ الْبَطْنِ، جَعَلْتَنِي مُطْمَئِنِّاً عَلَى
 تَدْيِي أُمِّي. 10 عَلَيْكَ الْوَيْثُ مِنَ الرَّجْمِ، مِنْ يَطْنِ أُمِّي أَنْتَ
 إلهي. 11 لَا تَبَاعِذْ عَنِّي لِأَنَّ الصِّيقَ قَرِيبٌ، لَأَنَّهُ لَا مَعِينَ.
 12 أَحَاطَتْ بِي ثِيَرَانِ كَثِيرَةٌ، أَقْوِيَاءُ بَاشَانَ
 اكْتَفَيْتَنِي. 13 فَخَرُّوا عَلَيَّ أَقْوَاهُمْ كَأَسَدٍ مُفْتَرِسٍ
 مُرْمَجِرٍ. 14 كَالْمَاءِ انْسَكَبْتُ، انْفَصَلَتْ كُلُّ عِظَامِي. صَارَ
 قَلْبِي كَالشَّمْعِ، قَدْ ذَابَ فِي وَسْطِ أَمْعَائِي. 15 يَبْسُتُ مِثْلَ
 شَفَقَةِ قُوتِي وَلَصِقَ لِسَانِي بِخَدَّيْ، وَإِلَى تُرَابِ الْمَوْتِ
 تَصْغِي. 16 لَأَنَّهُ قَدْ أَحَاطَتْ بِي كِلَابٌ، جَمَاعَةٌ مِنَ الْأَسْرَارِ
 اكْتَفَيْتَنِي، تَقْبُوا يَدَيَّ وَرِجْلَيَّ. 17 أَحْصِي كُلَّ عِظَامِي، وَهُمْ
 يَنْظُرُونَ وَيَفْتَرِّسُونَ فِيَّ. 18 يَفْسِمُونَ نِيَابِي بَيْنَهُمْ وَعَلَى
 لِبَاسِي يَقْتَرِعُونَ. 19 أَمَّا أَنْتَ، يَا رَبُّ، فَلَا تَبْعُدْ. يَا قُوتِي، أَسْرِعْ إِلَى
 مُصْرَتِي. 20 أَنْقِذْ مِنَ السَّيْفِ نَفْسِي، مِنْ يَدِ الْكَلْبِ
 وَجِدَّتِي. 21 خَلِّصْنِي مِنْ قَمِ الْأَسَدِ، وَمِنْ قُرُونِ بَقَرِ
 الْوَحْشِ اسْتَجِبْ لِي. 22 أَخِزْ بِاسْمِكَ إِخْوَتِي، فِي وَسْطِ الْجَمَاعَةِ أَسْبَحْكَ. 23 يَا
 خَائِفِي الرَّبِّ، سَبِّحُوهُ. مَجْدُوهُ، يَا مَعَشَرَ دَرِّيَّةٍ يَعْقُوبَ،
 وَأَخْشَوْهُ، يَا رَزْعَ إِسْرَائِيلَ جَمِيعاً. 24 لَأَنَّهُ لَمْ يَخْتَفِزْ وَلَمْ
 يَزْدَلْ مَسْكَنَةُ الْمَسْكِينِ، وَلَمْ يَحْجُبْ وَجْهُهُ عَنْهُ، بَلْ عِنْدَ
 صُرَاخِهِ إِلَيْهِ اسْتَمَعَ. 25 مِنْ قَبْلِكَ تَسْبِيحِي فِي الْجَمَاعَةِ
 الْعَظِيمَةِ، أَوْفِي بُدُورِي قُدَّامَ خَائِفِيهِ. 26 يَا كُلُّ الْوُدَعَاءِ
 وَتَسْبِغُونَ، يُسَبِّحِ الرَّبَّ طَالِبُوهُ، تَخْبَأُ فُلُوكُمْ إِلَى
 الْأَبَدِ. 27 تَذَكَّرْ وَتَرْجِعْ إِلَى الرَّبِّ كُلُّ أَقَاصِي الْأَرْضِ،
 وَتَسْجُدْ قُدَّامَكَ كُلُّ قَبَائِلِ الْأُمَمِ. 28 لِأَنَّ لِلرَّبِّ الْمُلْكَ وَهُوَ
 الْمُتَسَلِّطُ عَلَى الْأُمَمِ. 29 أَكَلْ وَسَجَدَ كُلُّ سَمِينِي الْأَرْضِ،
 قُدَّامَهُ يَخْنُو كُلُّ مَنْ يَنْحَدِرُ إِلَى الثَّرَابِ وَمَنْ لَمْ يَخِ
 نَفْسَهُ. 30 الْإِثْرَةُ تَتَعَبَّدُ لَهُ، يُخْبِرُ عَنِ الرَّبِّ الْجِبَلُ
 الْإِتْيَ. 31 يَأْتُونَ وَيُخْبِرُونَ بِبِرِّهِ شَعْباً سَيُولَدُ، يَأْتَهُ قَدْ فَعَلَ.

¹To the chief Musician upon Aijeleth Shahar, A Psalm of David. My God, my God, why hast thou forsaken me? why art thou so far from helping me, and from the words of my roaring? ²O my God, I cry in the daytime, but thou hearest not; and in the night season, and am not silent. ³But thou art holy, O thou that inhabitest the praises of Israel. ⁴Our fathers trusted in thee: they trusted, and thou didst deliver them. ⁵They cried unto thee, and were delivered: they trusted in thee, and were not confounded. ⁶But I am a worm, and no man; a reproach of men, and despised of the people. ⁷All they that see me laugh me to scorn: they shoot out the lip, they shake the head, saying, ⁸He trusted on the LORD that he would deliver him: let him deliver him, seeing he delighted in him. ⁹But thou art he that took me out of the womb: thou didst make me hope when I was upon my mother's breasts. ¹⁰I was cast upon thee from the womb: thou art my God from my mother's belly. ¹¹Be not far from me; for trouble is near; for there is none to help. ¹²Many bulls have compassed me: strong bulls of Bashan have beset me round. ¹³They gaped upon me with their mouths, as a ravening and a roaring lion. ¹⁴I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels. ¹⁵My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death. ¹⁶For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet. ¹⁷I may tell all my bones: they look

and stare upon me.¹⁸ They part my garments among them, and cast lots upon my vesture.¹⁹ But be not thou far from me, O LORD: O my strength, haste thee to help me.²⁰ Deliver my soul from the sword; my darling from the power of the dog.²¹ Save me from the lion's mouth: for thou hast heard me from the horns of the unicorns.²² I will declare thy name unto my brethren: in the midst of the congregation will I praise thee.²³ Ye that fear the LORD, praise him; all ye the seed of Jacob, glorify him; and fear him, all ye the seed of Israel.²⁴ For he hath not despised nor abhorred the affliction of the afflicted; neither hath he hid his face from him; but when he cried unto him, he heard.²⁵ My praise shall be of thee in the great congregation: I will pay my vows before them that fear him.²⁶ The meek shall eat and be satisfied: they shall praise the LORD that seek him: your heart shall live for ever.²⁷ All the ends of the world shall remember and turn unto the LORD: and all the kindreds of the nations shall worship before thee.²⁸ For the kingdom is the LORD's: and he is the governor among the nations.²⁹ All they that be fat upon earth shall eat and worship: all they that go down to the dust shall bow before him: and none can keep alive his own soul.³⁰ A seed shall serve him; it shall be accounted to the Lord for a generation.³¹ They shall come, and shall declare his righteousness unto a people that shall be born, that he hath done this .